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U. S. Department of Agriculture

Housekeepers' Chat

Tuesday, July 1, 1930.

NOT FOR PUBLICATION

Subject: "Canning Beans and Tomatoes." Approved by Bureau of Home Economics,
U. S. D. A.

Bulletin available: "Canning Fruits and Vegetables at Home."

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Right on top of the question box letters are two about canning. I don't mind canning questions -- not in the least -- because there's the canning bulletin full of answers.

The first question is concerned with tomatoes. Canning tomatoes has always appealed to me, because tomatoes, due to the acid in them, are one of the easiest of all vegetables to can at home. Tomatoes are like fruits -- they can be processed at the temperature of boiling water, while corn and beans and so forth need to be processed at temperatures higher than boiling water.

I don't mean to say that tomatoes can be put up "just any old way." Every step must be watched, if the canned product is to be fine-flavored and wholesome. Now, if you do not have a copy of the canning bulletin, you may take notes on canning tomatoes.

(Read slowly, or repeat):

Select firm, ripe tomatoes, of medium size, and uniform shape. Do not use tomatoes which are too ripe, or tomatoes which are spotted or decayed. Put the tomatoes in trays, or shallow layers, in wire baskets. I hope you have a wire basket; it saves a good many burns around canning time. Dip the basket containing the tomatoes into boiling water, and plunge quickly into cold water for an instant. Drain at once and core and peel promptly. Pack the tomatoes into jars or cans, as closely as possible. Fill the cans with a thick sauce or with the juice of other tomatoes. Season with 1 teaspoon of salt per quart. Process the quart and pint glass jars for 45 minutes, in boiling water. Process No. 2 and No. 3 tin cans for 35 minutes.

The next question is about canning string beans. Beans are among the non-acid vegetables, which should be processed at a temperature higher than boiling, and this is possible only under steam pressure. So we'll use the steam-pressure canner for our string beans. Pick them over carefully, string them, wash thoroughly, and cut into pieces of desired size. Add enough boiling water to cover, and boil for 5 minutes in an uncovered vessel. Pack in containers boiling hot. Cover the beans with the water in which they were boiled, and add 1 teaspoon of salt to each quart. Process immediately at 10 pounds pressure, or 240 degrees Fahrenheit, quart glass jars for 40 minutes, pint glass jars for 35 minutes, and No. 2 and No. 3 tin cans for 30 minutes.

That's enough information about canning for today! If there is anything more you want to know about canning, write for the bulletin, "Canning Fruits and Vegetables at Home."

Before I forget it --- have you ever served a "Dairymaid" salad? Perhaps you have --- by another name. Sunday night, my Next-Door Neighbor entertained a few friends at a supper --- the chief feature of which was a Dairymaid Salad. On each salad-plate she arranged several leaves of lettuce. In the center was a mound of well-seasoned cottage cheese. In the center of the cottage cheese mound was a little hollow, filled with orange marmalade. Some other kind of marmalade or jam would have been just as good. This salad was served with a French dressing, and whole-wheat toast, and fruit punch. As you can imagine, it was an attractive supper for a hot day.

To resume the questions: "How can I remove mildew from a white linen towel?"

Answer: Very fresh mildew stains can be washed out with soap and water. Drying in the sun helps to bleach the spots. Another remedy for mildew is sour milk. Soak the stains overnight in sour milk, and then place the material in the sun, without rinsing. Repeat the treatment several times, if necessary. Slight stains can be removed in this way. Lemon juice and salt will also remove slight mildew stains.

I mentioned the Stain Removal bulletin the other day. A radio friend wrote me recently that she had used this bulletin more than any other; that she had saved quite a bit of money by learning how to remove the most common stains at home. The bulletin is free. It tells how to remove all kinds of stains, from ink to axle grease.

Instead of answering more questions, I want to read you a choice bit about vacations. This was sent to me by a radio friend in the West, who says she has not had a real vacation for 10 years, but this summer she's going to leave her home and her family and take a real rest, for at least one month. More power to her, say I. This is the clipping she sent me:

"Everything in nature takes its resting spell, but we to whom is given free control of our wills. We speed ahead, breathlessly trying to do more today than yesterday, to accomplish more this year than ever before, more, and more, and more. Full speed ahead, we grimly go, until nature grimly says, 'It is enough, now you rest,' and lays us by the heels.

"It would be better to follow the rule: After work, rest. If there seems to be no time for rest, take it. Use a little of the money you are laying aside for old age, and push the evil day still further away. Insure yourself against old age by keeping your body young. Take a trip to the nearest town, or the farthest, as you can. Go out and see new people, and new ways, even though you return to say, 'I have seen nothing that looks as good to me, as my own garden gate. I have seen no people that looked more kindly upon me, than my own neighbors.' Even that discovery helps.

"Now and then cut work like a truant, and run away for the day. Push the Ford as far as she will go. Eat your lunch in the open, take your nap under the pup tent, cook your evening meal by the side of the roadside spring. Drink in the beauty of the sky and the woods and the water. Let your soul stretch its wings, and take on the quality that comes through the contemplation of the serenity of nature. Forget the duty; lose the feeling of anxiety that pushes you to the task ahead. Empty your mind, and fill your spirit with the power of the great intelligence of the universe. Rest this spell, that you may work tomorrow."

Tomorrow: Program for Children's Day.

